

Participant Consent Form for Be Your Best  
Diabetes Prevention Program at Missoula City-County Health Department

This 10-month program is for adults who have pre-diabetes or are at risk for developing type 2 diabetes. If you decide to take part in this program then you will be asked to:

- 1) Go to 16 weekly 1-hour sessions and then 6 monthly 1-hour sessions. A trained lifestyle coach leads the sessions. Sessions will be on healthy eating, physical activity, weight loss, problem solving, and coping with stress. It is important to attend as many sessions as you can. If you cannot attend a scheduled session, then please call your lifestyle coach to schedule an individual session.
- 2) Learn and use health habits to meet goals for healthy eating, physical activity, and body weight. The healthy eating goal is to eat less fat. The physical activity goal is to increase your physical activity to 150 minutes a week. For example, walking or doing a similar activity for 30 minutes, 5 days a week. The body weight goal is to lose 7% of your weight and maintain it.
- 3) Keep track of what you eat and how long you exercise. You will be asked to give your tracking booklet to your lifestyle coach and be weighed at each session.
- 4) Provide your contact information, medical history, and height to your lifestyle coach.
- 5) Have your blood pressure measured three (3) times over the course of the program – one initial test, one at 16 weeks, and once at the end of the 10 month program.
- 6) Have your fasting blood glucose (sugar) and lipids (cholesterol) measured three (3) times over the course of the program – one initial test, one at 16 weeks, and once at the end of the 10 month program. You can use your employee health screenings to complete these tests. Low cost options are also available, just ask.
- 7) Complete a short survey at the end of the 10-month program and one year later.

There may be **health benefits** of this program. You may learn about a healthy lifestyle. You may decrease your weight. You may improve your blood pressure and cholesterol levels. You may lower your risk of heart disease and diabetes.

There are possible **health risks** of this program. Having your blood drawn may cause short term pain from the needle stick, possible bruising or skin redness, lightheadedness, and rarely infection. Increased physical activity may cause you to feel tired or have sore muscles, joint pain, and injury. There is a very small risk of having heart problems during exercise.

The information you share with the program will be protected for your privacy. Your progress may be shared with your primary care provider. We may request blood pressure, blood glucose and cholesterol lab information from your primary care provider.

Your employer health insurance is covering the \$350 cost of this program. Joining this program is your choice and you may leave at any time. If you choose to leave the program after the 3<sup>rd</sup> week, you may be responsible for the cost of the program if your insurer does not reimburse us for your participation.

**I have read this Participant Consent Form and understand it.** My questions about this form and the Be Your Best Diabetes Prevention Program have been answered to my satisfaction.

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Participant Printed Name

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Heather Lucas, MS, RD  
Lifestyle Coach Printed Name

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Participant Signature

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Lifestyle Coach Signature

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Date

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12/12/11  
Date